



# The Self Care Program

Caring for YOU!



## Important Phone Numbers

Health Promotion Program  
.....288-8488

TRICARE Service Center  
.....1-800-444-5445

DACH Central Appointments  
System.....288-8888  
.....1-800-305-6421

Pharmacy (medication questions)  
.....288-8100

Poison Control Center Hotline  
.....1-800-222-1222

Ambulance.....911

Health Promotion Program  
Department of Preventative  
Medicine  
USA MEDDAC  
Fort Hood Texas  
288-8488

  
Public Affairs Office  
Darnall Army Community Hospital  
Fort Hood, Texas 76544-4752  
FH MDA HQ 721  
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[www.hood-meddac.army.mil](http://www.hood-meddac.army.mil)

# Self Care



**Darnall**  
**Army Community Hospital**  
Fort Hood, Texas



# Welcome to The Self Care Program

Self-Care is an educational program open to all TRICARE Prime and TRICARE for Life beneficiaries.

The self-care class focuses on guidelines for healthy living, home treatment for minor illnesses and injuries, and recognizing the need for urgent medical care.

The Self-Care Program was developed to increase individual wellness by empowering soldiers and families to be responsible for personal health.

#### Topics covered in the program include:

- \*Staying healthy & promoting good health
- \*Illness & injury prevention
- \*Health maintenance
- \*Symptom evaluation
- \*Self treatment using common home remedies & over the counter medications
- \*Understanding & following proper guidelines in the use of over the counter medications
- \*Seeking professional health care when needed.

## Self Care Goals

The Program makes smarter use of clinical resources by offering a structured process that expedites access to over the counter medicines for Soldiers with minor health symptoms. Soldier self care programs are adapted to the unique needs of each Military Treatment Facility. They can help manage a portion of routine sick call. As a result of the program, Soldiers become wiser health care consumers.

#### Self Care training results in:

- \*Reduced training time lost by Soldiers waiting to receive medical care
- \*Empowerment of Soldiers to be responsible for their personal health
- \*Reduced health care costs by decreasing unnecessary sick call visits

Soldiers who attend a one-time class receive a self-care card enabling them to obtain over the counter medications to treat minor health problems without a provider's prescription. Self Care card holders can pick up over the counter items at any of Darnall Hospital's pharmacies on Fort Hood. Soldiers with families can use their self care card to sign out over the counter medications for their family as well.

## Increasing the Health & Readiness of Our Force

Soldiers take better care of themselves when they know what type of treatment is needed for common, minor health conditions and when the services of a healthcare provider are required.

## How do I enroll?

To enroll in a class, call the Patient Appointment Service at **288-8888**.

Special classes for units and battalion-level Family Readiness Groups (FRGs) are available upon request by calling the Health Promotion Program at **288-8488**.

For questions about the Self-Care Program please call the Health Promotion Program, **288-8488**.



# Darnall Army Community Hospital